



# Greek meatballs - Soutzoukakia

20'  
Hands on

15'  
Cook Time

4-6  
Portion(s)

2  
Difficulty



## Ingredients

- 50 ml olive oil
- 2 clove(s) of garlic
- 250 g ground beef
- 250 g ground pork
- 200 g [sandwich bread](#)
- 100 ml milk, 3,5%
- 1 egg
- salt
- 1 pinch chili flakes
- 1 1/2 teaspoon(s) cumin
- 1 pinch pepper
- mint
- 20 ml ouzo
- 100 g all-purpose flour, for dredging
- 50 ml seed oil, for frying

For the sauce

- 1 tablespoon(s) olive oil
- 1 onion, medium
- 1 tablespoon(s) tomato paste
- 2 bay leaves
- 250 ml water
- 1 chicken bouillon cube
- 400 g canned tomatoes
- 1/2 teaspoon(s) granulated sugar
- 1 stick(s) cinnamon

To serve

- basmati rice
- mint, fresh

## Method

For the meatballs

- Beat the pieces of bread in a food processor. Transfer to a bowl.
- In the food processor beat olive oil, garlic, cumin, chili flakes and finely chopped mint. Add to the bowl and add the milk, ouzo, the egg, the ground beef and pork .
- Whisk for 30 seconds to combine well.
- It is better to wear [disposable gloves](#) when handling the mixture and the raw meat.
- Mash the mixture together with your hands, until the bread breaks up completely.
- Add a generous amount of salt and pepper.
- Mix again with your hands until all of the ingredients are completely combined.
- Shape the mixture in to long oval shapes, which is the traditional shape of these meatballs. They should weigh about 30-50 g each.
- Add a generous amount of flour to a container. Add the meatballs and dredge them in the flour.
- Place a [nonstick pan](#) over medium to high heat.
- Add the vegetable oil and let it heat for 1 minute.
- Shake off excess flour and add the meatballs to the pan one at a time.
- Brown them on both sides for about 5 minutes total. They will cook further on the stove.
- When ready, remove from pan and place them on a plate lined with paper towels so they can drain from any excess oil.
- Set aside until needed.

For the sauce

- Place a pot over medium heat.
- Coarsely [chop](#) the onion.
- Add the tablespoon of olive oil to the pot.
- Add the onion and sugar.
- Stir and sauté until the onion caramelizes nicely.
- Then add the tomato paste and sauté for at least 1-2 minutes.
- Sautéing the tomato paste helps give it a nicer flavor and helps the sauce thicken better.
- Add the cinnamon, bay leaves, bouillon cube, tomato and water.
- Stir and add the meatballs.
- Lower heat, cover pot and simmer for 10 minutes, until the sauce thickens and the meatballs are ready.
- Serve with [basmati rice](#) and finely chopped fresh mint.

## Διατροφικός πίνακας

Nutrition information per portion

507 Calories (kcal)	27.0 Total Fat (g)	7.1 Saturated Fat (g)	36.0 Total Carbs (g)
25%	39%	36%	14%
8.5 Sugars (g)	25.0 Protein (g)	3.6 Fibre (g)	1.1 Sodium (g)
9%	50%	14%	18%